



## Catching 3.3: Catch and pass

8 - 12 year olds

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Why is it important to “get behind the ball” when you are about to catch it?*

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** bean bags, balls of different sizes, volleyball nets or gym mats

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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## Warm-up: Bean bag challenges (5 - 8 minutes)

- Leader hands out a bean bag to every child.
- Children spread out around activity space and face the leader.
- Leader explains that they will call out a challenge.
- *When I call out each challenge, I want you to try to do it.*
- Suggested challenges:
  - » *Throw the bean bag in the air as high as you can, then catch it.*
  - » *Throw the bean bag in the air, clap your hands once, then catch it.*
  - » *Throw the bean bag in the air, clap twice, then catch it. (Then three times, etc.)*
  - » *Throw the bean bag in the air, turn around, then catch it.*
  - » *Throw the bean bag up and backwards over your head, then catch it behind your back.*
  - » *Throw the bean bag in the air, clap your hands under your right leg/left leg, then catch it.*
  - » *Throw the bean bag up, jump once/twice, then catch it.*
  - » *Throw the bean bag up, kneel down on one knee, then catch it.*
  - » *Throw the bean bag up with your eyes closed, then catch it.*
  - » *Repeat challenges using their other hand.*
  - » *Encourage children to try their own tricks and challenge a partner.*

## Demonstration: Catching (2 - 3 minutes)

- Leader demonstrates the elements of catching by throwing a ball against a wall and catching it.
- Leader should demonstrate throwing the ball at different heights against the wall.
- While demonstrating, leader reminds the children:
  - » *Keep your eyes on the ball until it arrives in your hands.*
  - » *Get your body behind the ball (i.e. in front of its flight path).*
  - » *If you see the ball passing to one side, move your whole body to the side. Don't just reach your arms to the side.*
  - » *If the ball is arriving above your belly button, your palms face forward and your fingers point up, and your two thumbs point toward each other (triangle).*
  - » *If the ball is arriving below your belly button, your palms face forward and your fingers point down, and your two pinky fingers are close together (bowl).*
  - » *As you receive the ball with your hands, you should bend your arms and bring the ball in towards your body.*

## Practice: Throw and catch (5 - 8 minutes)

- Children spread out around perimeter of activity space facing the wall.
- Each child has a ball.
- Children practice throwing the ball against the wall and then catching it.
- After 2-3 minutes, leader places children in pairs with one ball.
- One child throws the ball against the wall and the partner tries to catch it.
- The partner then throws the ball for the first child to catch.
- Leader can challenge children in different ways:
  - » *Can you do this 5 times without the ball touching the ground?*
  - » *How many times can you throw and catch the ball in 30 seconds?*
  - » *Throw the ball as high against the wall as you can, can your partner catch it?*

## TIPS FOR INSTRUCTION

- Time and practice is needed to develop the skill of catching.
- Praise children for their efforts.
- Remind children of the cues.

## CUES

- *Eyes on ball*
- *Get "behind the ball"*
- *Hands together (triangle or bowl)*
- *Bring ball to body*

## **Game: Catch and pass (10 - 12 minutes)**

- Leader sets up volleyball or badminton nets.
- If nets are not available, gym mats can be used to represent a “net”.
- Leader divides group into teams of no more than 4-5 children each.
- Two teams play against each other at each net (i.e. like volleyball).
- One team throws the ball over the net and the other team must catch it.
- The first child who catches the ball must pass it to a teammate.
- The teammate must pass to a third teammate who must catch the ball and throw it back over the net.
- Leader can rotate teams every 2-3 minutes.
- Balls of different sizes can be used (e.g. tennis balls, beach balls, etc.).

## **Wrap-up (2 minutes)**

Call the children back into a circle and review what they learned today.

*Can you think of a sport that is similar to the game “Catch and pass”?*